






SIERRA WELLNESS CENTER JULY 2013 JOIN US FOR FREE & FUN ACTIVITIES!

SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
A service of Mono County Behavioral Health and Proposition 63.	Open Door 10:00am-11:30am Relapse Prevention 12:00 – 1:00pm Open Door 1:00pm-2:30pm Soulful Art 3:00pm – 5:00pm	Open Door 10:00am-11:30am HSP Support Group 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 10:00am-11:30am Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		Open Door 10:00am-11:30am Club House Live 2:45pm – 5:00pm	Club House Live 2:00pm – 5:00pm
7	8	9	10	11	12	13
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14	15	16	17	18	19	20
	Open Door 10:00am-11:30am Relapse Prevention 12:00 – 1:00pm Open Door 1:00pm-2:30pm Soulful Art 3:00pm – 5:00pm	Open Door 10:00am-11:30am HSP Support Group 1:30pm - 3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 10:00am-11:30am Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm	Open Door 10:00am-11:30am Open Door 1:00pm-3:00pm Let's Quit Together 12:00pm -1:00pm Support Group for Teen Mothers 3:30pm -4:30 pm	Open Door 10:00am-11:30am Club House Live 2:45pm – 5:00pm	Club House Live 2:00pm – 5:00pm 
21	22	23	24	25	26	27
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28	29	30	31			
DESCRIPTION OF EACH ACTIVITY IS ON THE BACK	Open Door 10:00am-11:30am Relapse Prevention 12:00 – 1:00pm Open Door 1:00pm-2:30pm Soulful Art 3:00pm – 5:00pm	Open Door 10:00am-11:30am HSP Support Group 1:30pm-3:00pm Yin Yoga Stretch 3:00pm-4:00pm Living Stress Free & Making Positive Choices 4:00pm-5:00pm	Open Door 10:00am-11:30am Open Door 1:00pm-2:30pm Club House Live 2:45pm – 5:00pm		Our address is: 452 Old Mammoth Rd. and is located on the second floor of the Sierra Center Mall. Our phone number is (760) 924-1757	